

EI Resource list for U of T Faculty of Law
Emotional Intelligence Workshop – February 7, 2018
Anne-Marie Sorrenti, JD PhD

SPECIFICALLY RELATED TO LAWYERS

<https://www.americanbar.org/news/abanews/publications/youraba/2017/october-2017/how-successful-lawyers-use-emotional-intelligence-to-their-advan.html>

<https://hbr.org/2016/09/why-young-bankers-lawyers-and-consultants-need-emotional-intelligence>

GENERAL

1. Readings by Daniel Goleman (for a general audience - based on the foundational scholarly work of Peter Salovey and John Mayer)

What Makes a Leader: Why Emotional Intelligence Matters (2014)

Emotional Intelligence: Why It Can Matter More Than IQ (1995)

Working With Emotional Intelligence (1998)

2. Article by Daniel Goleman and Matthew Lippincott: Without Emotional Intelligence, Mindfulness Doesn't Work

<https://hbr.org/2017/09/sgc-what-really-makes-mindfulness-work>

3. Video: Harvard Business Review on 5 main tenets of EI

https://www.youtube.com/watch?v=WICq_Pj8ZUk

TED TALKS

1. How to Make Stress Your Friend | Kelly McGonigal

<https://www.youtube.com/watch?v=RcGyVTaoXEU&feature=youtu.be>

2. Why Aren't We More Compassionate | Daniel Goleman

<https://www.youtube.com/watch?v=r3wyCxHtGd0&feature=youtu.be>

A REALLY REALLY FUN TEST OF SOCIAL INTELLIGENCE

The reading the mind in the eyes on-line test (Simon Baron-Cohen, Cambridge University)

<http://socialintelligence.labinthewild.org/mite/>